**LIGUE FRANCOPHONE DES POIDS ET HALTERES**
Association sans but lucratif

# POWERLIFTING

# 2012

## Résultats des compétitions

## National

# Premier tour des interclubs francophones

## Le 12 février 2012 à Florennes

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **FLORENNES 1** | | | | | | | | |
| COLLART JEAN-LUC | M2 | 117,5 | Florennes | 340,0 | 200,0 | 300,0 | 840,0 | 485,35 |
| DECHAMPS SEBASTIEN | J | 135,7 | Florennes | 300,0 | 190,0 | 285,0 | 775,0 | 435,16 |
| MIGNOLET GEOFFREY | SJ | 71,2 | Florennes | 210,0 | 137,0 | 235,0 | 582,0 | 430,56 |
| | | | | | | | **1351,07** | |
| **FLORENNES 2** | | | | | | | | |
| DECHAMPS NADEGE | D SJ | 73,7 | Florennes | 140,0 | 102,5 | 163,0 | 405,5 | 389,81 |
| JACMART JEREMY | J | 60,4 | Florennes | 135,0 | 75,0 | 157,5 | 367,5 | 311,53 |
| DECHAMPS JEROME | S | 123 | Florennes | 0 | 182,5 | 300,5 | 483,0 | 276,18 |
| | | | | | | | **977,52** | |
| **LA LOUVIERE** | | | | | | | | |
| NALINNE MICHAEL | S | 57 | La Louvière | 150,0 | 120,0 | 150,0 | 420,0 | 375,86 |
| SANTOLINI CORENTIN | J | 72 | La Louvière | 160,0 | 102,5 | 182,5 | 445,0 | 326,50 |
| PIRET SERGE | M2 | 98 | La Louvière | 215,0 | 0 | 230,0 | 445,0 | 273,05 |
| | | | | | | | **975,41** | |
| **ENGHIEN 1** | | | | | | | | |
| MONSEU SERGE | M3 | 98 | Enghien | 200,0 | 120,0 | 235,0 | 555,0 | 340,55 |
| DE VOS CHRISTOPHE | M1 | 102,1 | Enghien | 195,0 | 120,0 | 200,0 | 515,0 | 310,91 |
| GAJEWSKI SEBASTIEN | S | 91,5 | Enghien | 150,0 | 110,0 | 170,0 | 430,0 | 272,23 |
| | | | | | | | **923,69** | |
| **SERAING** | | | | | | | | |
| BRUSSELMAN MARVIN | JUN | 74 | Seraing | 177,5 | 141,5 | 205,0 | 524,0 | 376,91 |
| BRUSSELMAN KEVIN | S | 83,6 | Seraing | 0 | 165,0 | 255,0 | 420,0 | 279,17 |
| BERTRAND MICHEL | M2 | 68,8 | Seraing | 100,0 | 77,5 | 122,5 | 300,0 | 227,85 |
| | | | | | | | **883,93** | |
| **LEVAL** | | | | | | | | |
| QUERTINMONT JEAN | M1 | 72,2 | Leval | 160,0 | 120,0 | 175,0 | 455,0 | 333,15 |
| BLANCHE ANTHONY | J | 76,8 | Leval | 150,0 | 100,0 | 170,0 | 420,0 | 294,46 |
| | | | | | | | **627,61** | |
| **COMINES** | | | | | | | | |
| MAJOULI DJAMEL | S | 72,9 | Comines | 135,0 | 120,0 | 180,0 | 435,0 | 316,29 |
| REYBROUCK DANIEL | M4 | 83 | Comines | 135,0 | 150,0 | 140,0 | 425,0 | 283,69 |
| | | | | | | | **599,98** | |
| **ENGHIEN 2** | | | | | | | | |
| BROUWERS PHILIPPE | M1 | 87,3 | Enghien | 0 | 115,0 | 180,0 | 295,0 | 191,37 |
| | | | | | | | | |
| **FLORENNES 3** | | | | | | | | |
| LEROT VIVIANE | D M2 | 69,1 | Florennes | 100,0 | 52,5 | 117,5 | 270,0 | 271,03 |
| DUSSART THIERRY | M1 | 87,6 | Florennes | 105,0 | 55,0 | 120,0 | 280,0 | 181,30 |
| | | | | | | | **452,33** | |

## Premier tour des interclubs en Bench-press

| | | | | | |
|---|---|---|---|---|---|
| **LETE ERIC** | **M1** | 73,2 | Leval | **155,0** | **112,36** |
| **LETE DANIEL** | **M2** | 64,6 | Leval | **112,5** | **89,92** |
| **LAHEY MARCEL** | **M3** | 87,2 | Enghien | **135,0** | **87,63** |

**Arbitres :**Reybrouck Daniel - Desmidt Christophe - Pallazzo Vincent - Busselot Myriam

| RECORDS DE BELGIQUE POWER | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| DECHAMPS NADEGE | Dame Sub-Junior | 84 | | | 163 | |
| DECHAMPS NADEGE | Dame Junior | 84 | | | 163 | |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 210 | 137 | 235 | 582 |
| MIGNOLET GEOFFREY | Junior | 74 | | | 235 | 582 |
| BRUSSELMAN MARVIN | Junior | 74 | | 141,5 | | |
| BRUSSELMAN MARVIN | Sen | 74 | | 141,5 | | |
| MONSEU SERGE | Master 60/69 | 105 | 200 | 120 | 235 | 555 |
| REYBROUCK DANIEL | Master 50/59 | 83 | | 150 | | |
| REYBROUCK DANIEL | Master 60/69 | 83 | | 150 | | |
| REYBROUCK DANIEL | Master 70+ | 83 | 135 | 150 | 140 | 425 |

| RECORDS FRANCOPHONE POWER | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| DECHAMPS NADEGE | Dame Sub-Junior | 84 | | | 163 | |
| DECHAMPS NADEGE | Dame Junior | 84 | | | 163 | |
| DECHAMPS NADEGE | Dame Senior | 84 | | | 163 | |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 210 | 137 | 235 | 582 |
| MIGNOLET GEOFFREY | Junior | 72 | | | 235 | 582 |
| BRUSSELMAN MARVIN | Junior | 74 | | 141,5 | | |
| BRUSSELMAN MARVIN | Senior | 74 | | 141,5 | | |
| MONSEU SERGE | Master 60/69 | 105 | 200 | 120 | 235 | 555 |
| REYBROUCK DANIEL | Master 40/49 | 83 | | 150 | | |
| REYBROUCK DANIEL | Master 50/59 | 83 | | 150 | | |
| REYBROUCK DANIEL | Master 60/69 | 83 | 135 | 150 | 140 | 425 |
| REYBROUCK DANIEL | Master 70+ | 83 | 135 | 150 | 140 | 425 |

| RECORDS DE BELGIQUE BENCH-SINGLE | | | |
|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Bench** |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 137 |
| LETE DANIEL | Masters 40/49 | 66 | 112.5 |
| LETE DANIEL | Masters 50/59 | 66 | 112.5 |

| | | | |
|---|---|---|---|
| BRUSSELMAN MARVIN | Junior | 74 | 141,5 |
| LETE ERIC | SEN | 74 | 155 |
| LETE ERIC | Master 40/49 | 74 | 155 |
| REYBROUCK DANIEL | Master 50/59 | 83 | 150 |
| REYBROUCK DANIEL | Masters60/69 | 83 | 150 |
| REYBROUCK DANIEL | Master 70+ | 83 | 150 |

| RECORDS FRANCOPHONE BENCH-SINGLE | | | |
|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Bench** |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 137 |
| LETE ERIC | SEN | 74 | 155 |
| LETE DANIEL | Master 40/49 | 66 | 112.5 |
| LETE ERIC | Master 40/49 | 74 | 155 |
| LETE DANIEL | Master 50/59 | 66 | 112.5 |
| REYBROUCK DANIEL | Master 50/59 | 83 | 150 |
| MONSEU SERGE | Master 60/69 | 105 | 120 |
| REYBROUCK DANIEL | Master 60/69 | 83 | 150 |
| REYBROUCK DANIEL | Master 70+ | 83 | 150 |

# Deuxième tour des interclubs francophones Powerlifting

## Le 03 mars 2012 à COMINES

**Florennes 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| COLLART JEAN-LUC | M2 | 118,6 | Florennes | 370,0 | 215,0 | 300,0 | 885,0 | 510,20 |
| DECHAMPS JEROME | S | 125,2 | Florennes | 310,0 | 202,5 | 295,0 | 807,5 | 460,03 |
| DECHAMPS SEBASTIEN | j | 135,1 | Florennes | 320,0 | 207,5 | 282,5 | 810,0 | 455,14 |
| | | | | | | | **1425,37** | |

**Florennes 2**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| MIGNOLET GEOFFREY | SJ | 72,0 | Florennes | 222,5 | 135,0 | 220,0 | 577,5 | 423,71 |
| DECHAMPS NADEGE | DSJ | 73,4 | Florennes | 162,5 | 108,0 | 163,5 | 434,0 | 418,29 |
| REMY ROGER | M2 | 77,7 | Florennes | 205,0 | 117,5 | 235,0 | 557,5 | 387,85 |
| | | | | | | | **1229,85** | |

**La Louvière 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| NALINNE MICHAEL | S | 56,4 | La Louvière | 160,0 | 117,5 | 165,0 | 442,5 | 400,06 |
| PIRET SERGE | M2 | 98,1 | La Louvière | 200,0 | 150,0 | 235,0 | 585,0 | 358,84 |
| NALINNE MARC | M2 | 83,3 | La Louvière | 135,0 | 70,0 | 160,0 | 365,0 | 243,13 |
| | | | | | | | **1002,03** | |

**Enghien 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| MONSEU SERGE | M3 | 97,4 | Enghien | 195,0 | 117,5 | 242,5 | 555,0 | 341,44 |
| BROUWERS PHILIPPE | M1 | 85,7 | Enghien | 190,0 | 112,5 | 197,5 | 500,0 | 327,65 |
| DE VOS CHRISTOPHE | M1 | 101,2 | Enghien | 210,0 | 130,0 | 200,0 | 540,0 | 327,08 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | **996,17** |
| **Comines 1** | | | | | | | | |
| VANDEWINKELE FREDERIC | M1 | 88,0 | Comines | 240,0 | 120,0 | 240,0 | 600,0 | 387,54 |
| MAJOULI DJAMEL | S | 73,0 | Comines | 150,0 | 120,0 | 185,0 | 455,0 | 272,13 |
| | | | | | | | | **718,05** |
| **Florennes 3** | | | | | | | | |
| LEROT VIVIANE | Da M2 | 68,70 | Florennes | 102,5 | 52,5 | 115,0 | 270,0 | 272,13 |
| JACMART JEREMY | Jun | 61,40 | Florennes | 150,0 | 82,5 | 165,0 | 697,5 | 332,03 |
| | | | | | | | | **604,16** |
| **Enghien 2** | | | | | | | | |
| GAJEWSKI SEBASTIEN | S | 92,4 | Enghien | 160,0 | 115,0 | 190,0 | 465,0 | 293,00 |
| | | | | | | | | **393,00** |

# Deuxième tour des interclubs francophones Bench-press

## Le 03 mars 2012 à COMINES

| | | | | | |
|---|---|---|---|---|---|
| **LEVAL 1** | | | | | |
| LETE ERIC | M1 | 71,80 | Leval | 152,5 | 112,12 |
| MEREU ROMANO | M2 | 84,40 | Leval | 145,0 | 95,85 |
| LETE DANIEL | M2 | 65,00 | Leval | 115,0 | 91,45 |
| | | | | | **299,42** |
| **COMINES 1** | | | | | |
| DUCROCQ JIMMY FR | J | 99,10 | Comines | 177,5 | 108,42 |
| GILME SYLVAIN FR | S | 69,50 | Comines | 122,5 | 92,30 |
| REYBROUCK DANIEL | M4 | 83,90 | Comines | 138,0 | 91,54 |
| | | | | | **292,26** |
| **COMINES 2** | | | | | |
| LECLUSE BERNARD FR | M1 | 84,10 | Comines | 130,0 | 86,11 |
| BOSTYN SEBASTIEN FR | sj | 65,20 | Comines | 80,0 | 63,46 |
| COOREVITS VINCENT FR | sj | 105,70 | Comines | 85,0 | 50,68 |
| | | | | | **200,25** |
| **ENGHIEN 1** | | | | | |
| LAHEY MARCEL | M3 | 86,50 | Enghien | 137,5 | 89,64 |
| | | | | | **89,64** |

**Arbitres :** Desmidt Christophe - Palazzo Vincent - Claes Adry

| **POWERLIFTING** | | | |
|---|---|---|---|
| **CLUBS** | **1ER TOUR** | **2ème TOUR** | **TOTAL** |
| **FLORENNES 1** | **1351,07** | **1425,37** | **2776,44** |
| **FLORENNES 2** | **977,52** | **1229,85** | **2207,37** |

| | | | |
|---|---|---|---|
| **MERCHTEM 1** | **1283,39** | **904,75** | **2188,14** |
| **LA LOUVIERE 1** | **975,41** | **1002,03** | **1977,44** |
| **ENGHIEN 1** | **923,69** | **996,17** | **1919,86** |
| **MERCHTEM 2** | **1079,57** | **261,42** | **1340,99** |
| **COMINES 1** | **599,98** | **718,05** | **1318,03** |
| **FLORENNES 3** | **452,33** | **604,16** | **1056,49** |
| **MERCHTEM 3** | **963,66** | **0,0** | **963,66** |
| **SERAING 1** | **883,93** | **0,0** | **883,93** |
| **WAREGEM 1** | **541,52** | **286,65** | **828,17** |
| **LEVAL 1** | **627,61** | **0,0** | **627,61** |
| **ENGHIEN 2** | **191,37** | **393,00** | **584,37** |
| **MERCHTEM 4** | **515,88** | **0,0** | **515,88** |

**BENCH-PRESS**

| **CLUBS** | **1ER TOUR** | **2ème TOUR** | **TOTAL** |
|---|---|---|---|
| **LEVAL 1** | **202,28** | **299,42** | **501,70** |
| **COMINES 1** | **0,0** | **292,26** | **292,26** |
| **OSTENDE** | **114,56** | **115,97** | **230,53** |
| **COMINES 2** | **0,0** | **200,25** | **200,25** |
| **ENGHIEN 1** | **87,63** | **89,64** | **177,27** |
| **MENEN** | **160,91** | **0,0** | **160,91** |
| **ROULERS** | **69,39** | **0,0** | **69,39** |

**RECORDS DE BELGIQUE POWER**

| Nom - prénom | Âge | Catégorie | Squat | Bench | Deadlift | Total |
|---|---|---|---|---|---|---|
| DECHAMPS NADEGE | Dame Sub-Junior | 84 | 162,5 | 108 | 163,5 | 434 |
| DECHAMPS NADEGE | Dame Junior | 84 | 162,5 | 108 | 163,5 | 434 |
| DECHAMPS NADEGE | Dame Senior | 84 | 162,5 | | | |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 222,5 | | | |
| VANDEWINCKELE FRED. | Master 40/49 | 93 | 240 | | 240 | 600 |
| COLLART JEAN-LUC | Master 40/49 | 120 | 370 | | | |
| COLLART JEAN-LUC | Master 50/59 | 120 | 370 | | | |
| MONSEU SERGE | Master 60/69 | 105 | | | 242,5 | |

**RECORDS FRANCOPHONE POWER**

| Nom - prénom | Âge | Catégorie | Squat | Bench | Deadlift | Total |
|---|---|---|---|---|---|---|
| DECHAMPS NADEGE | Dame Sub-Junior | 84 | 162,5 | 108 | 163,5 | 434 |
| DECHAMPS NADEGE | Dame Junior | 84 | 162,5 | 108 | 163,5 | 434 |
| DECHAMPS NADEGE | Dame Senior | 84 | 162,5 | 108 | 163,5 | 434 |
| MIGNOLET GEOFFREY | Sub-Junior | 74 | 222,5 | | | |
| DECHAMPS SEBASTIEN | Junior | 120+ | | 207,5 | | |
| DECHAMPS SEBASTIEN | Seunior | 120+ | | 207,5 | | |
| VANDEWINCKELE FRED. | Master 40/49 | 93 | 240 | | 240 | 600 |

| | | | | | | |
|---|---|---|---|---|---|---|
| COLLART JEAN-LUC | Master 40/49 | 120 | 370 | | | |
| COLLART JEAN-LUC | Master 50/59 | 120 | 370 | | | |
| MONSEU SERGE | Master 60/69 | 105 | | | 242,5 | |

| RECORDS DE BELGIQUE BENCH-SINGLE | | | |
|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Bench** |
| LETE DANIEL | Masters 40/49 | 66 | 115 |
| LETE DANIEL | Masters 50/59 | 66 | 115 |
| REYBROUCK DANIEL | Master 70+ | 93 | 138 |

| RECORDS FRANCOPHONE BENCH-SINGLE | | | |
|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Bench** |
| COOREVITS VINCENT (FR) | Sub-Jun | 120 | 85 |
| DECHAMPS SEBASTIEN | Jun | 120+ | 207,5 |
| DECHAMPS SEBASTIEN | Sen | 120+ | 207,5 |
| ETE DANIEL | Masters 40/49 | 66 | 115 |
| LETE DANIEL | Masters 50/59 | 66 | 115 |
| REYBROUCK DANIEL | Master 70+ | 93 | 138 |

# Troisième tour des interclubs francophones en Powerlifting

# Le 31 mars 2012 à Enghien

**FLORENNES 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| COLLART JEAN-LUC | M2 | 119,50 | Florennes | 330,0 | 225,0 | 300,0 | 855,0 | 492,05 |
| DECHAMPS SEBASTIEN | Ju | 134,40 | Florennes | 330,0 | 210,0 | 287,5 | 827,5 | 465,39 |
| DECHAMPS NADEGE | D Sub-ju | 73,30 | Florennes | 167,5 | 110,0 | 167,5 | 445,0 | 429,25 |
| | | | | | | | | **1386,69** |

**FLORENNES 2**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| MIGNOLET GEOFFREY | Sub-ju | 72,90 | Florennes | 215,0 | 145,0 | 230,0 | 590,0 | 428,99 |
| REMY ROGER | M2 | 75,70 | Florennes | 215,0 | 120,0 | 250,0 | 585,0 | 414,18 |
| PATRU VALENTIN | M1 | 129,20 | Florennes | 285,0 | 185,0 | 260,0 | 730,0 | 413,33 |
| | | | | | | | | **1256,50** |

**VERVIERS 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| NEMTSOV IGOR | Se | 117,10 | Verviers | 350,0 | 250,0 | 310,0 | 910,0 | 526,25 |
| PENASSE TANGUY | Ju | 82,40 | Verviers | 310,0 | 190,0 | 237,5 | 737,5 | 494,42 |
| | | | | | | | | **1020,67** |

**LA LOUVIERE 1**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| PIRET SERGE | M2 | 97,70 | La Louvière | 210,0 | 150,0 | 242,5 | 602,5 | 370,18 |
| JETTNER ADRIEN | Ju | 86,90 | La Louvière | 180,0 | 125,0 | 205,0 | 510,0 | 331,65 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| FERRARI JEAN-PAUL | M 1 | 66,50 | La Louvière | 142,5 | 65,0 | 162,5 | 370,0 | 288,75 |
| | | | | | | | | **990,58** |
| **ENGHIEN** | | | | | | | | |
| MONSEU SERGE | M3 | 96,80 | Enghien | 202,5 | 120,0 | 240,0 | 562,5 | 347,01 |
| BROUWERS PHILIPPE | M1 | 86,40 | Enghien | 180,0 | 117,5 | 197,5 | 495,0 | 322,89 |
| GAJEWSKI SEBASTIEN | Se | 92,50 | Enghien | 177,5 | 115,0 | 190,0 | 482,5 | 303,88 |
| | | | | | | | | **973,78** |
| **FLORENNES 3** | | | | | | | | |
| JACMART JEREMY | Ju | 60,20 | Florennes | 150,0 | 87,5 | 170,0 | 407,5 | 346,50 |
| LEROT VIVIANE | D M 2 | 69,30 | Florennes | 107,5 | 55,0 | 120,0 | 282,5 | 283,01 |
| DECHAMPS JEROME | Se | 126,20 | Florennes | 0 | 0 | 300,0 | 300,0 | 170,64 |
| | | | | | | | | **800,15** |
| **SERAING 1** | | | | | | | | |
| BRUSSELMAN KEVIN | Se | 82,00 | Seraing | 190,0 | 132,5 | 227,5 | 550,0 | 369,82 |
| | | | | | | | | **369,92** |
| **LEVAL 1** | | | | | | | | |
| BLANCHE ANTHONY | Ju | 75,00 | Leval | 155,0 | 105,0 | 170,0 | 430,0 | 306,42 |
| | | | | | | | | **306,42** |
| **LA LOUVIERE 2** | | | | | | | | |
| NALINNE MARC | M 2 | 82,30 | La Louvière | 137,5 | 72,5 | 155,0 | 365,0 | 244,88 |
| | | | | | | | | **244,88** |

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# Finale nationale des Interclubs en Powerlifting

## Le 26 mai 2012 à Ostende

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **FLORENNES 1** | | | | | | | | |
| COLLART JEAN-LUC | M 50 | 117,10 | Florennes | 320,0 | 220,0 | 270,0 | 810,0 | 468,42 |
| MIGNOLET GEOFFREY | Sub-ju | 73,30 | Florennes | 210,0 | 140,0 | 230,0 | 580,0 | 420,04 |
| REMY ROGER | M 50 | 75,80 | Florennes | 215,0 | 125,0 | 235,0 | 575,0 | 406,76 |
| | | | | | | | | **1295,22** |
| **MERCHTEM 1** | | | | | | | | |
| VAN DE PERRE VINCENT | Se | 82,30 | Merchtem | 260,0 | 175,0 | 262,5 | 697,5 | 467,95 |
| CORNELIS TINO | M | 101,15 | Merchtem | 210,0 | 135,0 | 220,0 | 565,0 | 342,39 |
| GOEMAN GLENN | Sub-ju | 114,75 | Merchtem | 250,0 | 0 | 230,0 | 480,0 | 279,12 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | **1089,46** |
| **ENGHIEN 1** | | | | | | | | |
| MONSEU SERGE | M 60 | 95,40 | Enghien | 195,0 | 115,0 | 245,0 | 555,0 | 344,60 |
| BROUWERS PHILIPPE | M 40 | 86,85 | Enghien | 190,0 | 120,0 | 205,0 | 515,0 | 335,11 |
| GAJEWSKI SEBASTIEN | Se | 94,20 | Enghien | 182,5 | 120,0 | 200,0 | 502,5 | 313,76 |
| | | | | | | | | **993,47** |
| **COMINES 1** | | | | | | | | |
| KREUTZER PASCAL | Se | 112,30 | Comines | 205,0 | 160,0 | 240,0 | 605,0 | 353,86 |
| MAJOULI DJAMEL | Se | 71,85 | Comines | 150,0 | 120,0 | 187,5 | 457,5 | 336,35 |
| DORCY THOMAS | Ju | 86,65 | Comines | 145,0 | 132,5 | 185,0 | 462,5 | 301,32 |
| | | | | | | | | **991,53** |
| **MERCHTEM 2** | | | | | | | | |
| STEPPE JELLE | | 73,15 | Merchtem | 135,0 | 85,0 | 150,0 | 370,0 | 268,47 |
| DECLERCQ KRISTOF | Se | 69,65 | Merchtem | 0 | 130,0 | 200,0 | 330,0 | 248,39 |
| VAN HERWEGEN MASSIMO | | 68,70 | Merchtem | 0 | 72,5 | 160,0 | 232,5 | 176,77 |
| | | | | | | | | **693,63** |
| **LA LOUVIERE 1** | | | | | | | | |
| SANTOLINI CORENTIN | | 74,20 | La Louvière | 180,0 | 112,5 | 200,0 | 492,5 | 353,57 |
| NALINNE MARC | M 50 | 82,35 | La Louvière | 145,0 | 75,0 | 150,0 | 370,0 | 248,23 |
| | | | | | | | | **601,80** |
| **FLORENNES 2** | | | | | | | | |
| JACMART JEREMY | Ju | 66,90 | Florennes | 160,0 | 95,0 | 180,0 | 435,0 | 337,82 |
| | | | | | | | | **337,82** |

**Arbitres :** Mombert Albert - Decraene Bart - Christophe Desmidt - Reybrouck Daniel
De Laere François - Zutterman Thiery

| **CLASSEMENT FINAL EN POWERLIFTING** | | | | | |
|---|---|---|---|---|---|
| | **28/1+12/2** | **18/2+3/3** | **17/3+31/3** | **26.05.2012** | **TOTAL FINALE** |
| **FLORENNES 1** | 1351,07 | 1425,37 | 1386,69 | 1295,22 | 5458,35 |
| **MERCHTEM 1** | 1283,39 | 904,75 | 1329,01 | 1089,46 | 4606,61 |
| **ENGHIEN 1** | 923,69 | 996,17 | 973,78 | 993,47 | 3887,11 |
| FLORENNES 2 | 977,52 | 1229,85 | 1256,50 | 337,82 | 3801,69 |
| LA LOUVIERE 1 | 975,41 | 1002,03 | 990,58 | 601,80 | 3569,82 |
| MERCHTEM 2 | 1079,57 | 261,42 | 1035,25 | 693,63 | 3069,87 |
| COMINES | 599,98 | 718,05 | 0 | 991,53 | 2309,56 |

| RECORDS DE BELGIQUE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| DORCY THOMAS | Jun | 93 kg | | 132,5 | | |
| MONSEU SERGE | M60+ | 105 kg | | | 245 | |

| RECORDS DE LA LIGUE FRANCOPHONE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| DORCY THOMAS | Jun | 93 kg | | 132,5 | | |
| MONSEU SERGE | M60+ | 105 kg | | | 245 | |

| RECORDS DE LA LIGUE FLAMANDE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| VAN DE PERRE VINCENT | Sen | 83kg | | 175 | 262,5 | 697,5 |

# Championnats de la ligue Francophones en powerlifting

## Le 09/09/2012 à Florennes

### FEMMES

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| DECHAMPS NADEGE | **Sub-ju** | 76,7 | Florennes | 180,0 | 115,0 | 170,5 | 465,5 | 436,45 |
| LEROT VIVIANE | **M 2** | 67,2 | Florennes | 107,5 | 57,5 | 115,0 | 280,0 | 286,69 |

### HOMMES SUB-JUNIOR

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| MIGNOLET GEOFFREY | SJ | 74,0 | Florennes | 235,0 | 150,0 | 230,0 | 615,0 | 442,37 |
| STRIJTHAGEN KILIAN | SJ | 80,1 | Verviers | 150,0 | 110,0 | 205,0 | 465,0 | 317,22 |

### HOMMES JUNIOR

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| JACMART JEREMY | J | 67,5 | Florennes | 170,0 | 110,0 | 170,0 | 450,0 | 346,95 |
| PENASSE TANGUY | J | 83,0 | Verviers | 300,0 | 190,0 | 272,5 | 762,5 | 508,97 |
| BLANCHE ANTHONY | J | 78,5 | Leval | 190,0 | 100,0 | 200,0 | 490,0 | 338,59 |
| DORCHY THOMAS | J | 90,0 | Comines | 160,0 | 140,0 | 190,0 | 490,0 | 312,82 |
| DEFECHE MAXIME | J | 97,5 | Verviers | 190,0 | 142,5 | 200,0 | 532,5 | 327,49 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| DECHAMPS SEBASTIEN | J | 134,0 | Florennes | 300,0 | 212,5 | 265,0 | 777,5 | 437,42 |

## HOMMES SENIOR

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| BRUSSELMAN KEVIN | S | 74,0 | Seraing | 175,0 | 130,0 | 210,0 | 515,0 | 370,440 |
| SENCIE GAËTAN | S | 89,1 | Verviers | 150,0 | 165,0 | 170,0 | 485,0 | 311,225 |
| GAJEWSKI SEBASTIEN | S | 97,0 | Enghien | 197,5 | 140,0 | 210,0 | 547,5 | 337,424 |
| KREUTZER PASCAL | S | 113,0 | Comines | 210,0 | 172,5 | 260,0 | 642,5 | 375,156 |
| ROTH RAPHAËL | S | 128,6 | C.H.F.S. | 260,0 | 135,0 | 250,0 | 645,0 | 365,52 |
| DECHAMPS JEROME | S | 131,0 | Florennes | 300,0 | 0 | 0 | 300,0 | 169,440 |

## HOMMES MASTERS 1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| QUERTINMONT JEAN | M1 | 72,4 | Leval | 175,0 | 130,0 | 180,0 | 485,0 | 354,39 |
| VANDEWINKELE FREDERIC | M1 | 88,2 | Comines | 230,0 | 125,0 | 230,0 | 585,0 | 377,38 |
| BROUWERS PHILIPPE | M1 | 87,5 | Enghien | 185,0 | 127,5 | 205,0 | 517,5 | 335,29 |
| DE VOS CHRISTOPHE | M1 | 102,0 | Enghien | 200,0 | 170,5 | 217,5 | 588,0 | 355,09 |

## HOMMES MASTERS 2

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| NALINNE MARC | M2 | 81,0 | La Louvière | 155,0 | 75,0 | 175,0 | 405,0 | 274,35 |

## HOMMES MASTERS 4

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| REYBROUCK DANIEL | M4 | 83,0 | Comines | 100,0 | 0 | 100,0 | 200,0 | 133,50 |

**Les arbitres** : Warnier Jean-Claude - Collart Virginie - Desmidt Christophe
Reybrouck Daniel

# Championnats de Belgique Powerlifting
## 13/10/2012 – Ostende

### SUB-JUNIORS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| MIGNOLET GEOFFREY | SJ | 73,50 | Florennes | 240,0 | 152,5 | 230,0 | 622,5 | 449,94 |
| STEPPE JELLE | SJ | 72,10 | Merchtem | 145,0 | 90,0 | 162,5 | 397,5 | 291,37 |
| VAN HERREWEGHE MASSIMO | SJ | 69,30 | Merchtem | 140,0 | 70,0 | 162,5 | 372,5 | 281,31 |
| GOEMAN GLENN | SJ | 114,50 | Merchtem | 240,0 | 140,0 | 270,0 | 650,0 | 378,11 |

### JUNIORS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| WIJNS MAARTEN | Jun | 65,30 | Merchtem | 175,0 | 125,0 | 200,0 | 500,0 | 396,10 |
| DE GROOTE KENNY | Jun | 62,70 | Waregem | 180,0 | 120,0 | 185,0 | 485,0 | 397,70 |
| CUYLLE ANGELO | Jun | 72,90 | Gent | 180,0 | 115,0 | 210,0 | 505,0 | 367,19 |
| LAUWERYNS JARNO | Jun | 79,10 | Gent | 165,0 | 110,0 | 185,0 | 460,0 | 316,30 |
| VAN HEESVELDE JEROEN | Jun | 103,90 | Gent | 290,0 | 187,5 | 282,5 | 760,0 | 455,85 |
| RINGOOT STEVE | Jun | 125,10 | Merchtem | 320,0 | 150,0 | 290,0 | 760,0 | 433,05 |

### SENIORS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| LEEMANS JEROEN | Sen | 71,20 | Merchtem | 0 | 120,0 | 215,0 | 335,0 | 247,83 |
| VAN DE PERRE VINCENT | Sen | 81,90 | Merchtem | 260,0 | 167,5 | 252,5 | 680,0 | 457,57 |
| POLFLIET KRISTOF | Sen | 91,20 | Merchtem | 190,0 | 135,0 | 200,0 | 525,0 | 332,96 |
| POLFLIET JOERI | Sen | 98,90 | Merchtem | 210,0 | 150,0 | 240,0 | 600,0 | 366,78 |
| GAJEWSKI SEBASTIEN | Sen | 96,60 | Enghien | 190,0 | 140,0 | 205,0 | 535,0 | 330,31 |

### MASTERS DAMES

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| STALLAERT CARINE | DM1 | 51,20 | Merchtem | 115,0 | 70,0 | 130,0 | 315,0 | 397,40 |
| LEROT VIVIANE | DM2 | 66,90 | Florennes | 100,0 | 55,0 | 110,0 | 265,0 | 272,21 |

### MASTERS HOMMES 40/49

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| VANDEWINKELE FREDERIC | M1 | 89,20 | Comines | 242,5 | 122,5 | 215,0 | 580,0 | 371,95 |
| VAN MULDERS CHRISTIAAN | M1 | 88,20 | Merchtem | 185,0 | 147,5 | 210,0 | 542,5 | 349,97 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| DEVOS CHRISTOPHE | M1 | 101,10 | Enghien | 200,0 | 165,0 | 220,0 | 585,0 | 354,51 |

## MASTERS HOMMES 50/59

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| REMY ROGER | M2 | 76,50 | Florennes | 175,0 | 95,0 | 210,0 | 480,0 | 337,39 |
| NALINNE MARC | M2 | 81,60 | La Louvière | 155,0 | 75,0 | 180,0 | 410,0 | 276,50 |
| PIRET SERGE | M2 | 96,50 | La Louvière | 210,0 | 145,0 | 230,0 | 585,0 | 361,35 |
| COLLART JEAN-LUC | M2 | 118,20 | Florennes | 320,0 | 210,0 | 290,0 | 820,0 | 473,14 |

## MASTERS HOMMES 60/69

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| VANDEVELDE ROGER | M3 | 73,50 | Temse | 215,0 | 145,0 | 210,0 | 570,0 | 412,00 |

## HORS CONCOURS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| DORCHY THOMAS (FRA) | Jun | 91,70 | Comines | 170,0 | 145,0 | 200,0 | 515,0 | 325,74 |
| MAJOULI DJAMEL (FRA) | Sen | 72,85 | Comines | 150,0 | 125,0 | 195,0 | 470,0 | 342,07 |

Les arbitres : Zutterman Thiery - Warnier Jean-Claude - Mombert Albert - De Laere François - Palazzo Vincent - Mombert Johny - Laplace Fernand - Collart Virginie - Desmidt Christophe

| RECORDS DE BELGIQUE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| STALLAERT CARINE | DMAS1 | 52 kg | 115 | | | |
| VAN HEESVELDE JEROEN | JUN | 105 kg | 290 | 187,5 | 282,5 | 760 |
| MIGNOLET GEOFFREY | Sub-Jun | 74 kg | | 152,5 | | |
| GOEMAN GLENN | Sub-Jun | -120 | 240 | 140 | 270 | 650 |
| MIGNOLET GEOFFREY | Jun | 74 kg | | 152,5 | | |
| MIGNOLET GEOFFREY | SEN | 74 kg | | 152,5 | | |
| VAN HEESVELDE JEROEN | SEN | 105 kg | 290 | 187,5 | 282,5 | 760 |
| VANDEWINCKELE FREDERIC | Mas40 | 93 kg | 242,5 | | | |
| VANDEVELDE ROGER | MAS60 | 74 kg | | 145 | | |

| RECORDS DE LA LIGUE FRANCOPHONE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| DORCHY THOMAS | Jun | 93 kg | | 145 | | 515 |
| VANDEWINCKELE FREDERIC | Mas40 | 93 kg | 242,5 | | | |
| MIGNOLET GEOFFREY | Sub-Jun | 74 kg | | 152,5 | | |
| MIGNOLET GEOFFREY | Jun | 74 kg | | 152,5 | | |
| MIGNOLET GEOFFREY | SEN | 74 kg | | 152,5 | | |

| RECORDS DE BELGIQUE BENCH-SINGLE |
|---|

| Nom - prénom | Âge | Catégorie | Bench-press |
|---|---|---|---|
| VAN HEESVELDE JEROEN | JUN | 105 kg | 187,5 |
| VANDEVELDE ROGER | M40 | 74 kg | 145 |
| VANDEVELDE ROGER | M50 | 74 kg | 145 |

| RECORDS DE LA LIGUE FLAMANDE | | | | | | |
|---|---|---|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Squat** | **Bench** | **Deadlift** | **Total** |
| STALLAERT CARINE | DMAS40 | 52 kg | 115 | | | |
| GOEMAN GLENN | SUB Jun | 120 kg | 240 | 140 | 270 | 650 |
| VAN HEESVELDE JEROEN | JUN | 105 kg | 290 | 187,5 | 282,5 | 760 |
| WIJNS MAARTEN | JUN | 66 kg | | | 200 | 500 |
| VAN HEESVELDE JEROEN | SEN | 105 kg | 290 | 187,5 | 282,5 | 760 |
| VANDEVELDE ROGER | Sen | 74 kg | | 145 | | |
| VANDEVELDE ROGER | MAS40 | 74 kg | | 145 | | |
| VANDEVELDE ROGER | MAS50 | 74 kg | | 145 | | |
| VANDEVELDE ROGER | MAS60 | 74 kg | | 145 | | |
| | | | | | | |

| RECORDS LIGUE FLAMANDE **BENCH-SINGLE** | | | |
|---|---|---|---|
| **Nom - prénom** | **Âge** | **Catégorie** | **Bench-press** |
| VAN HEESVELDE JEROEN | JUN | 105 kg | 187,5 |
| VAN MULDERS CHRISTIAAN | M40 | 93 kg | 147,5 |

MINIMA de participation pour Champ.EUROPE – Van Heesvelde Jeroen CAT -105 kg = 760 kg